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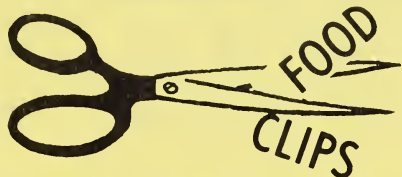


U.S. DEPT. OF AGRICULTURE  
NAT'L FOOD STAMP PROGRAM

# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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If using sauces or gravy -- thoroughly combine the flour and fat. These foods may appear curdled while thawing but will usually recombine when stirred.

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Don't try to freeze raw apples and grapes. They become soft and mushy when frozen and thawed.

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Don't freeze hard cooked eggs--or even salad greens. Because--cooked egg white toughens and salad greens lose their crispness and become soggy during the freezing process, according to U.S. Department of Agriculture home economists.

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Frozen food should be wrapped carefully before freezing to prevent exposure to air and loss of moisture during freezing and storage.

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Wrapping acid foods such as tomato dishes? Be sure you use a nonmetallic wrap.

## THE FOOD STAMP PROGRAM —and You

How do you get on the Food Stamp Program? One of the basic requirements is that you need to be able to cook your food at home. Then, there are other things to consider such as your own resources, employment status of other members of the household and finally, need. But, if you are eligible, you can stretch your food dollar!

If you need this information --or know of others who do--you can help your community by viewing "The Food Stamp Program and You," the new slide presentation by the U.S. Department of Agriculture. It's a 61 frame color set, also available as a filmstrip, designed as an educational device to teach people using food stamps and other members of the community how the food stamp program works.

Nutrition information and useful ideas on smart shopping are also included in the food stamp story. Copies of the slide set may be purchased for \$18.50 from the Photography Division, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.

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## THE NATIONAL SCHOOL ---And How

If you can't beat 'em -- join 'em! That may sound off-beat for the School Lunch bunch but Food Service Directors have learned that the only way to get full participation in the school lunch program is "to give them what they want." The youngsters and teachers alike, have their own ideas--and as long as their ideas fit into a nutritious pattern of eating the answer for school lunches seems to be food innovation.

What's happening in the school lunch cafeterias across the country is new. Creative food service ideas are springing up wherever a need or a new idea exists. It is a changing scene and a successful one. Some of the experimental ideas of recent years have been developed into on-going programs offering special food selections, diet foods, ethnic foods and gourmet foods -- all served with an eye on the nutritional value to fit into the Basic Type A Lunch plan.

Some of the latest ideas on the Now-Lunch plans in the states include: Georgia -- with a "Trim A Pound" Lunch.

A short time ago teachers, and many students, were passing up the nutritious and generous servings offered in the school cafeteria in Fulton County (the largest county in the state), Georgia. There had to be a reason. After challenging looks at their program, the Food Service Director learned that many of the teachers and many students were trying to reduce their caloric intake by dieting at lunch.

A special section devoted to the calorie conscious patrons was introduced. A special diet lunch, known as a "Trim A Pound" was based on the same Type A school lunch pattern prescribed by both Federal and State standards, as administered by USDA's Food and Nutrition Service.



## LUNCH PROGRAM It Relates

The new meal, offered on the express line, encouraged the teachers and students to return to regular habits of eating their school lunch. The plan was so successful that it was expanded to include the whole state.



For others who were not inclined to "diet", there were additional ideas to make the noon-hour more appealing. Home baked bread was introduced. And, now, due to another unique part of the Georgia system, the school food service employees must complete a basic baking course of 90 hours. Results are gratifying -- now 25 schools in the county bake their own bread for the school lunch.

### In Texas -- It's a Buffet Meal

Deep in the heart of Texas, at Gladewater High School, the cafeteria offers a school lunch buffet to encourage interest in the school lunch program. There are two serving lines, well lighted with ultra-violet hanging lamps. The food looks like a gourmet restaurant selection with enchiladas, pinto beans, fried rice, mixed green salad, cornbread, hamburgers -- and relish trays.

The results are obvious. Man hours have been saved because fewer people are needed for this type of serving line. Actually, more food is consumed, probably because of the attractive serving atmosphere. Before the buffet-success plan the school operated a snack bar in addition to the regular Type A lunch line. But, with the buffet working so well, there's no need for the snack bar.

## ASCORBIC ACID —and You

Don't lose it before you use it! Vitamin C -- or its less popular term, ascorbic acid, long recognized as an important nutrient, is also one of the most sensitive to destruction when the commodity is subjected to adverse handling and storage conditions according to the Agricultural Research Service at the U.S. Department of Agriculture.

Plant tissues contain oxidase systems that are capable of oxidizing ascorbic acid. Unfavorable conditions involving high or low (nonfreezing but chilling) temperatures, physical damage and wilting will produce stress conditions in the tissues. This accelerates the oxidation of ascorbic acid.

Leafy vegetables usually keep best when stored just above their freezing temperatures--which also is the most effective way to maintain the vitamin C content in vegetables. Kale--which wilts easily--loses its ascorbic acid at relatively high (above 50 degrees) temperatures. Spinach, turnip greens, and collards do, too. Cabbage loses ascorbic acid more slowly -- the reasons for this have not been determined. Low temperatures are not the answer to all fruits and vegetables, in fact, some are injured at temperatures well above their freezing temperatures. "Chill susceptible" items might be sweet potatoes, cucumbers, squash, tomatoes, bananas, and some others.

The loss of ascorbic acid in peas and beans may be slowed by storing these vegetables in the pods.

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### COMMENTS AND INQUIRIES TO:

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